



Tools For Action

A sample of physical education initiatives in Wisconsin

Heart Rate Monitor Lessons

Contact Information

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Program Information

Program Name Heart Rate Monitor Lessons
Program Category Use of technology
Grade Level 3-5; 6-8; 9-12
Assessment Method Impact on knowledge and or attitudes (test scores); Number of materials provided (information distributed)

Program Information

Products Developed or Materials Used:

Program Description:

Heart rate monitors are used to help students understand target heart rate workout, and average heart rate.

For information on other **Physical Education Best Practices**, visit the website at:
<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:
<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:
<http://dhfs.wisconsin.gov/health/physicalactivity/>
or contact staff at: Meineam@dhfs.state.wi.us (Amy Meinen, Nutrition Coordinator)
Morgaig@dhfs.state.wi.us (Jon Morgan, Physical Activity Coordinator)
Pesikme@dhfs.state.wi.us (Marv Pesik, Program and Grant Coordinator)